

Letters to the Editor ...

Space-Based Weapons Agenda

Dear Duncan: I heard a report last year on "Starstuff", on ABC Radio National (Australia), concerning laser weapons in space. Apparently, planned for 20 years hence, NASA is to put 48 platforms into orbit, containing several different types of lasers. It will completely cover the globe.

Pretty silly that one country, America, gets to have control over the whole globe. How does one defend against space-based weapons systems, lasers, EM pulses, etc.?

Personally, I don't think tyranny is on the "spiritual agenda" for Earth, but let's wait and see. (It's already got a nice foothold.)

Yours sincerely,

Linda A., Chelsea, Victoria, Australia

[Dear Linda: Personally, I think we all help decide what our "spiritual agenda" is. I, for one, do NOT like the idea of space-based weapons systems, as whoever controls those systems controls the whole planet. I implore all readers to treat this subject with more concern. To that end, I print another letter below, which can help focus efforts. Ed.]

Keep Space for Peace!

Dear Editor: The Global Network Against Weapons and Nuclear Power in Space enters its 10th year of organising in 2002.

For the past two years, the Global Network has organised in October an international day of protest to stop the militarisation of space. In 2001, there were 115 local actions held in 19 countries.

In 2002, the day of protest will be expanded to an entire week of events to be called "Keep Space for Peace Week" and will be held during October 4–11.

The US Space Command predicts that because of "corporate globalisation", the gap between "haves" and "have nots" will widen worldwide in coming years.

With space "control and domination" in place, the Space Command will become the military arm for the multinational corporations, enabling the US to suppress those who protest US global dominance. Control the people of the world by controlling space... With space domination in place, the military will be able to hear

everything, see everything and target everyone on Earth.

Bruce K. Gagnon, Coordinator, Global Network Against Weapons and Nuclear Power in Space, PO Box 90083, Gainesville, Florida 32607, USA, tel (352) 337 9274, globalnet@mindspring.com, website <http://www.space4peace.org>

Raw Foods for Healthy Pets

Hello, Duncan: A growing number of veterinarians state that processed pet food is the main cause of illness and premature death in the modern dog and cat.

In December 1995, the British *Journal of Small Animal Practice* published a paper contending that processed pet food suppresses the immune system and leads to liver, kidney, heart and other disease.

Dr Kollath, of the Karolinska Hospital in Stockholm, headed a study done on animals. When young animals were fed cooked and processed foods, they initially appeared to be healthy. However, as the animals reached adulthood, they began to age more quickly than normal and also developed chronic degenerative disease symptoms. A control group of animals raised on raw foods aged less quickly and were free of degenerative disease.

A growing number of veterinarians and animal nutritionists say that many diseases and much suffering of our pets can be prevented or cured with nutrition. Holistic veterinarians teach that processed pet food (meaning *cooked* food) is the main cause of illness and premature death in the modern dog and cat.

For a return to health, pets require a diet which strengthens the immune system and most closely resembles that which they would get in the wild (meaning *raw* food). Grains are *not* part of the natural diet of wild dogs and cats.

Carnivores cannot maintain long-term production of the quantity of amylase enzyme necessary to properly digest and utilise the carbohydrates.

You can find more information about the optimum diet for animals at <http://www.shirleys-wellness-cafe.com/animals.htm>.

Shirley Lipschutz-Robinson, Shirley@shirleys-wellness-cafe.com

UFO Disclosure Down Under

Dear Editor: Overseas governments have not always been open about what they know about the UFO phenomenon. Civilian UFO research organisations in a number of countries have lobbied their governments to release all they know about the subject.

Here in Australia, some people wonder if the Australian Government has "hidden" material and, if so, why it cannot be released to the public.

Are you one of these people? Do you have personal information about the UFO phenomenon that is currently not public knowledge? Then why not get involved with the Australian Disclosure Program?

We invite all Australian UFO groups and organisations, plus any other interested person(s), to work towards the establishment of an Australian Disclosure Program to present a united front on this issue to the Australian Government.

For further information, contact Diane Harrison by telephone on (07) 5544 6888 or by email on auforn@hypermax.net.au.

Diane Harrison, Queensland, Australia

Close to Truth of Finnish Saga

Dear Editor: From the rich folklore of Finland, with its many ancient oral traditions, there is one specific Saga that, until 1984, has been secretly kept by an old noble family that formerly resided at Strömsö Manor, some 70 kilometres west of Helsinki.

Based on the old tradition of memorising and storytelling, the the Bock family Saga gives an incredibly extensive chronological overview of the history of both the Arctic and tropical cultures.

According to the family saga as well as other sources, the castle in Kajaani in northern Finland was the last resort of the old kingdom that ruled Finland during pagan times. In 1248, the last Finnish king laid down his sceptre, to be subsumed under the religious (Catholic) Kingdom of Sweden. However, before the abdication, the king's regalia were sealed in a lead box and sunk into the well in Kajaani courtyard, which was then filled and completely covered.

In October 2000, a renowned geophysicist from the University

of Oulu used two geo-radars to examine the entire area around Kajaani Castle. He found no significant metal objects, *except* for one placed in the deepest plateau of the underlying bedrock. The object was of "massive metal", "about 160 cm long and 50 cm wide, approx. 4 metres under the surface".

Following this discovery, a group of Scandinavians, including a Norwegian professor of archaeology, sought permission to perform a small and simple excavation. The National Board of Antiquities (NBA) refused.

Will the NBA finally allow—or even perform—a small excavation at the courtyard of Kajaani Castle, to let the truth of this matter be discovered?

More information about the family saga of Strömsö Manor may be obtained from the Archives of Folk Culture at the Swedish Society of Literature in Helsinki, or from our website at <http://www.BockSaga.com>.

Information about the ongoing conservation and eventual excavation at Kajaani Castle may be obtained from the archaeological department within Finland's National Board of Antiquities at website <http://www.nba.fi>.

Stuart A. Rice

[Dear Stuart: Thanks for your letter. Hopefully readers will be encouraged to lobby the Government of Finland and the NBA for the excavation to proceed with independent monitoring and for the results to be made public. We'd also like to alert readers to Les Whale's article on the Bock Saga in this issue. Ed.]

Unhinged over Teethgrinding

Dear NEXUS: I have been an enthusiastic NEXUS reader for the past few years, and mostly my interest has been unusual phenomena like UFOs, crop circles and the like.

Over time, a couple of your articles on health issues have caught my eye, and now I'd like to bring up my own health problem. It allegedly affects millions around the world, but hardly any research is done on the condition: bruxism, that is, teethgrinding.

There are only very few people working and publishing on this problem, which has become a very

... more Letters to the Editor

NB: Please keep letters to approx. 150 to 250 words in length. Ed.

destructive influence in my life over the years, as it has for many people I know. Most dentists seem clueless and don't even diagnose it in time, while their patients are unconsciously wearing out their teeth and jaw hinges until it's too late.

If anybody reading NEXUS has heard of a cure or could provide information on the subject, could they please email me at philip.schlegel@berlin.de.

Thanks for the cool magazine!
Philip Schlegel, Germany

US Black Budget Technologies

Dear Editor: The first private experimentation with teleportation was attempted in Germany with an extremely sophisticated device of approximately one metre in length. In the mid-1990s, the "teleporter" successfully transported two photons an extremely short distance. Prior to this, groundbreaking research had determined that light has mass—which gave this first experimental "teleporter" a realistic possibility of success. It also meant that with a big enough memory, buffer bio-mass would eventually be possible.

For many years now there have been credible people coming forward with stories of R&D dealing with advanced field propulsion, cloaking and much more being a reality right now.

But still, every time this sort of information is considered it is in the context of being in our distant future. Are we all being conditioned by sci-fi, pop culture, media, movies, books and the like to believe that such advanced science is still a long way away, simply post-dated by a hundred years or so into our future, when in actual fact it is not that amazing and far-fetched?

The public is largely ignorant of declassified advanced research projects from as far back as the 1960s: like America's *Project Horizon*, which was all about establishing a permanent lunar outpost with only Saturn rocket technology; or, more recently, projects like the USAF's advanced weapon system named *Brilliant Pebbles* as well as handheld, ground- and satellite-based laser and EMF weapons systems.

Try to find out what all of this expensive research has bought the

human race, and you will find plenty of brick walls, D-notices and dead ends.

Beyond this, in 1994 Dick D'Amato, then senior counsel to the US Senate Appropriations Committee, could not penetrate such rogue projects even with subpoena power and a Top Secret clearance. He did discover, however, that somewhere between 40 and 80 US billion dollars per year was going into such unsupervised operations—and that was in 1994 dollars!

There also is hard evidence of upwards of US\$11 billion going to black budget programs in 1997 alone, and upwards of \$100 billion per year being siphoned off into such R&D in more recent times.

The perpetrators are able to avoid detection, work in compartmentalised cells funded by clandestine sources, and evade interception by even skilled investigators in the American Congress, Department of Defense and CIA.

Consider carefully the words of Senator Inouye: "There exists a shadowy Government with its own Air Force, its own Navy, its own fundraising mechanism, and the ability to pursue its own ideas of the national interest, free from all checks and balances and free from the law itself."

Every now and again, we are shown a fleeting glimpse of just how far along all these monies have advanced said research.

Love, knowledge and peace.

Jason K., soulfree73@hotmail.com

Proof of Coconut's Benefits

Dear Sir: The article in NEXUS 9/02-03 on coconut oil brought me back to my early childhood when I was growing up with my family in Jamaica, West Indies.

Ever since I can remember, my parents have been eating coconut oil and kernel, which they fed us and is part of our diet to this day. My mother, 70, is fit as a fiddle. My dad, 71, has never had a toothache in all his life. His teeth are all intact. My brothers and sisters have not been sick with any ailment, apart from an occasional cold.

I have always known that coconut is very good for human health, based on my own

experience, but I could never explain the medical reasons for it.

There is a popular saying of doctors from my part of the island: "Portland people are never sick because of the high consumption of coconut, and if doctors were to depend on Portland people there would be no patients to attend to." Cancer and heart disease is unheard of in my part of the island. The inhabitants generally live to a good old age.

Keep up the good works. I extend my sincere gratitude to you and Dr Mary Enig for this paper you have reproduced over the last two issues of NEXUS Magazine.

Sincerely,

Devon Hall, Surrey, UK

Out-of-Body Travelling

Dear Sir: I am very interested in out-of-body travelling, and I like to compare my experiences with those of others.

What I think people on Earth need to know the most is that they live a "double" life.

When the body sleeps, we are all "out of the body" and travelling various dimensions of the universe including the "spirit" world, visiting "dead" friends and relatives and also communing with our living friends and relatives while they, too, are out of body.

When we wake up, we simply "forget" what we did while the body slept.

Keep up the good work!

Francis L., Ballarat, Victoria, Australia

[Dear Francis: You may be interested to know that a growing number of people are starting to program themselves to "remember" what they experienced while "out of body". Check out The Monroe Institute as one such example. Ed.]

Feedback on Vegetarian Diets

Dear Editor: I was very disappointed in the article by Stephen Byrnes concerning "The Myths of Vegetarianism" [9/03-04]. I don't think he represented or researched the raw food vegetarian diet—for which there are many sources of facts and practical experience that indicate it is truly the most natural and healing, life-enhancing diet by far.

Following is part of an email* I

sent Stephen that I am also forwarding on to you for your own information. Thank you for considering my point of view.

Bruce Tompkins

* Part of my email to Stephen:

"Dr Gabriel Cousins, who is a doctor in the US, has been a vegetarian for 20+ years. He has written several books on vegetarian diet and has helped people move to a more healthy veg diet that has brought them back to greater health and spiritual connection.

"Paul Bragg (<http://www.bragg.com>) pioneered raw food veg diets in the US and worldwide and experienced longevity himself (he lived to 96 years old and died in a swimming accident, but obviously was healthy to the end).

"Dr Herbert Shelton, Ann Wigmore and Dr Norman Walker are a few others I know about that you might research."

[Dear Bruce: Thanks for one of the few non-aggressive letters of objection we've received on the subject. Below is the author's reply to some of your points. Ed.]

Dear Bruce: Thanks for your feedback. I disagree with you about raw food vegan/vegetarian diets being healthier. I encourage you to look at the sites <http://www.chetday.com> and <http://www.beyondveg.com> to see more realistic perspectives on these diets.

Paul Bragg was not a raw-fooder, nor was he a vegetarian. I know older men at my gym who used to exercise with him years ago at Fort DeRussy in Waikiki, Hawaii. While he did mostly follow a raw diet, he had a distinct liking for the deluxe hamburgers served at the Sheraton Moana Surfrider Hotel in Waikiki.

Herbert Shelton, of natural hygiene and fasting fame, spent the last 10 years of his life sickly and in constant pain; he was far from healthy.

Norman Walker frequently recommended goat's milk and raw cheeses.

You may want to read Chet Day's article, "Natural Health Gurus Eat Animals Too", posted at www.chetday.com.

All the best,

Stephen Byrnes, PhD, RNCP, <http://www.powerhealth.net>